

# Retiree News

A Supplement to the Desert Airman

Friday, April 30, 2004

## Notes to Know

### Society of Military Widows

Society members will meet May 15, June 19 and July 17 for lunch and a general meeting at The Mirage Officers' Club. Widows of all services whose husbands died on active duty or in retirement are invited to join the society. Call Luise Bell at 663-0279 for reservations one week before the meeting. The cost for lunch is \$13. Members of the clubs receive discounts on lunch. Those not wanting lunch may come after for the meeting and program. For more information on the SMW, call Suzanne Shafe at 579-0789.

### Retiree Supplement

Those who used to receive the Retiree News Supplement to the Desert Airman are asked to keep their address current with the Retiree Activities Office staff. They can be reached at 228-5100, [retired@dm.af.mil](mailto:retired@dm.af.mil) or 5345 East Madera Street.

Those unable to pick up a copy of the Desert Airman can access it online at [www.dm.af.mil/pa/news/retiree\\_news\\_archive.html](http://www.dm.af.mil/pa/news/retiree_news_archive.html). Using Adobe Acrobat, follow the instructions on the Web site to view up to two years of retiree news supplements.

### Used cell phones wanted

The Pima Council on Aging is collecting used and unwanted cell phones as a fund-raising opportunity to benefit the council. All kinds of phones are accepted. Older, analog phones are not as valuable to redeem as digital ones but the council will take as many phones as they can get. Take used cell phones to the PCOA office located at 8467 East Broadway behind the D-M Credit Union.

## Travel test program to continue

The one-year test to expand space-available travel privileges to family members of active-duty and retired service members traveling within the continental United States will continue until further notice. The test was scheduled to expire April 1.

The extension will allow privileges to continue while secretary of defense officials complete their evaluation of the test, according to Air Mobility

Command's air transportation division officials.

Family members are able to travel Space-A aboard military flights when accompanied by their sponsors, said John Lundebly of the passenger policy branch.

The test does not apply to Guard and Reserve Airmen who are retired but are not yet eligible for retired pay and benefits. Surviving spouses are

also unable to take advantage of this benefit.

Davis-Monthan Air Force Base has two flights monthly to California (Beale and Travis Air Force Bases). For more information, call 228-2322 or send an e-mail to [spacea@dm.af.mil](mailto:spacea@dm.af.mil). Additional Space-A travel and sign-up information is available through the passenger policy branch Web site at <http://public.amc.af.mil/SPACEA/spacea.htm>.

## D-M volunteers receive thanks

Thirty-seven Retiree Activities Office and four active duty volunteers worked to complete another successful Volunteer Income Tax Assistance year. Their efforts are recognized and appreciated. The volunteers, who worked in tax preparation, administration and various other coordinating functions, are as follows:

Bob Agney  
Dave Barclay  
Skip Barclay

Louise Bennett  
Hue Blair  
Jim Blaylock  
Helen Bouska  
Kirk Carpenter  
Arnella Corrigan  
Monte Crook  
Virginia Crook  
Armen Dermen  
Becky Dylla  
Barbara Evans  
Glen Geisert  
Bob Green  
Janet Green  
Ray Griffith  
Alma Haywood  
Guy Hummon  
Marcus Johnson  
Master Sgt. Bill Jones



Airman Christina Kinsey

Carole Kelly  
Bert King  
Staff Sgt. Sarah Lykins  
Neal MacArtor  
Staff Sgt. Paul MacDonald  
Judy Moses  
Herb Niehaus  
Linda Paul  
Jack Pollin

Tom Rankin  
Bob Ratledge  
Molly Reilly  
Dick Rhodehamel  
Cheri Roy  
Capt. Tim Rushenberg  
Chuck Smith  
Bob Speer  
Mary Pat Sullivan  
Bill Wells

*Congratulations to Pauline Pennock who was selected as the Woman Volunteer for 2004 for the Southern Arizona Veteran Administration Health Care System April 15. Mrs. Pennock is also an active volunteer with the Retiree Activities Office and the Society of Military Widows.*

## Renovations at pharmacy now complete

The pharmacy renovation project at the 355th Medical Group clinic is complete and the pharmacy is back in its original location. Some changes, like five windows instead of three and a customer ticketing system, are evident. Other changes are not so visible such as automated software and bar-code technology.

The pharmacy now serves customers based on a priority system. The first priority is active duty members in uniform, followed by patients seen by a clinic provider and then those with prescriptions

from off-base providers.

One important new policy is that customers must check in at the pharmacy before any medications are filled. Prescriptions will not be filled as soon as a clinic provider enters them into the system.

There are two ways to fill a prescription. The first is to stop at the desk and get a ticket, wait to be called to a window and then wait or leave to return later. The second method is to drop-off the

See **Pharmacy**, Page 2

# Advances increase life expectancy

During the last century the health and life expectancy of U.S. residents improved dramatically. The average lifespan has lengthened by greater than 30 years. While advances in diagnosis and treatment of disease have played a significant role in increasing life expectancy, most of the gain is attributable to advances in public health.

The top 10 advances in public health were highlighted recently by the Centers for Disease Control and Prevention.

10. Fluoridation of drinking water started in 1945 and has played an important role in cavity reduction and tooth loss.

9. Eliminating lead in gasoline, paint and food containers has lead to a big drop in the blood lead levels in Americans.

8. Family planning has altered social and economic roles of women, influenced smaller family size, promoted longer intervals between children and fewer infant, child and maternal deaths.

7. Since 1900, infant mortality has decreased 90 percent and maternal mortality has decreased 99 percent resulting in healthier mothers and babies.

6. There have been decreases in microbial contamination and increases in nutritional content of food creating safer, healthier foods.

5. Since 1964, the prevalence of smoking among adults has decreased since tobacco was identified as a health hazard.

4. The control of infectious diseases has resulted from cleaner water and an overall

improved sanitation.

3. Severe injuries and deaths related to mining, manufacturing, construction and transportation have decreased, creating safer workplaces.

2. Engineering efforts to make vehicles and highways safer, and efforts to change personal behavior such as the increased use of seat belts and helmets, and promoting not drinking while driving have contributed to large reductions in motor vehicle related deaths.

1. Vaccines have been developed or licensed against 21 diseases, 11 of which are recommended for all U.S. children. Smallpox has been eradicated, polio is nearly eradicated worldwide and rates for nine vaccine-preventable diseases and their complications are much lower.

(Information courtesy Arizona Department of Health Services' Prevention Bulletin.)

## RAO needs volunteers

The Retiree Activities Office needs people willing to volunteer at least four hours a week. If the RAO doesn't have placements of interest to a volunteer, they will pass a referral to other agencies such as family services, the medical clinic or the Veterans Administration; all of whom appreciate willing volunteers. Contact the RAO at 228-5100, [retired@dm.af.mil](mailto:retired@dm.af.mil) or 5345 East Madera Street.

## Pharmacy

Continued from Page 1

prescription at the desk and return to window five after 11 a.m. the next day. No ticket is needed for this method.

Patients are reminded the pharmacy now only fills new

prescriptions and the satellite pharmacy takes care of all refill prescriptions.

The main pharmacy is open Mondays through Fridays from 7:30 a.m. to 5 p.m. and the satellite pharmacy is open Mondays through Fridays from 8 a.m. to 5 p.m. The satellite pharmacy refill line is 228-5007. For more information, call 228-1552.



*Tucson's Most Affordable  
Best Kept Secret!*

102 Sherwood Village Dr., Tucson, AZ 85701  
(520) 298-9242 • Fax (520) 886-8437

We're within walking distance  
of a cure. Please join us.

Walk to Cure Diabetes



*dedicated to finding a cure*

Juvenile Diabetes Research Foundation International

1 888 533-WALK

a CFC participant

[www.jdrf.org](http://www.jdrf.org)

## Old Pueblo is new again.

Old Pueblo Urology has been serving Southern Arizona residents for over 25 years. We're known for being the specialists in treating tender conditions such as Kidney Stones, Prostate Cancer, Impotence, and related urological ailments. Our doctors lead the way by using the latest proven procedures, breaking ground on new treatments, and educating the community in the ways to live a longer, healthier, and happier life.

Doctors:  
Steven Steinberg, M.D.  
Daniel N. Karsch, M.D.  
Thomas E. Newman, M.D.  
William Kao, M.D.

### We Have Moved!

Now with a new state-of-the-art facility within St. Mary's Hospital, we can continue to serve you better. Don't worry, we kept the same comfortable, caring atmosphere and professional staff that speaks English and Spanish. Give us a call if you want to know about our community education programs or if we can help you with treatment.



Our New St. Mary's Location:  
445 N. Silverbell Road  
Suite 201

With the same phone number  
**520-623-8475**

4 other locations: East, Northwest,  
Rancho Vistoso and Green Valley  
[www.urologychannel.com/old-pueblo](http://www.urologychannel.com/old-pueblo)

## Call With Any Problem, Anytime

# 1-800-448-3000

[www.girlsandboysdown.org](http://www.girlsandboysdown.org)



## Retirees slow to use online system

The Defense Finance and Accounting Service's online pay account information system, myPay, has been in existence for four years. Although successful, it is still underutilized by retirees and surviving spouses.

Officials at DFAS point out that as of March 1, only 20.4 percent of retirees with customized personal identification numbers and 4 percent of annuitants have tried myPay.

Customers can view, print and save their earnings statements, make adjustments to federal and state tax withholdings and update bank account and electronic transfers by accessing myPay at <https://mypay.dfas.mil>.

Retired and annuitant pay recipients who have not yet discovered the benefits of myPay may get more details and request a pin number by visiting <http://www.dfas.mil>.

## Retiree almanac

This almanac is designed to keep retirees up-to-date on topics of interest. It contains detailed information on recent legislation, military health care, veteran's benefits, space available lodging, travel and much more. Cost is \$12. To order, send a check or money order to Uniformed Services Almanac, Inc., P.O. Box 4144-AB, Falls Church, Va., 22044. To order by credit card, call 1-888-872-9698 or visit <http://www.militaryalmanac.com>. When ordering, specify the Retired Military Almanac because the company publishes several almanacs.

## Spending time with friends improves health

Eating right, exercising, taking supplements and meditating daily are not the only things that can protect one's health. Spending time with friends also works.

In Seattle, a yearlong study found that people without strong social connections had more health problems and made more doctors' office and hospital visits. A nine-year study of 7,000 California adults, ages 38 to 94, found that the risk of pre-mature death doubles

or triples in someone who lacks friends. In addition, having many kinds of social relationships - connections to family, friends, neighbors, colleagues, team member, parishioners, etc - may help fight off disease. Researchers at Carnegie Mellon University found that among participants who were infected with a cold virus, those with three or fewer types of social ties were four times more likely to develop cold symptoms

than those with at least six different types of relationships.

So, what is it about friends? They provide emotional support, buffer stress and encourage you to engage in healthy behaviors, explains Dr. Redford Williams, director of the Behavioral Medicine research Center at Duke University Medical Center and one of the leading researchers in the field of social ties and wellness.

"People who have social support

have lower blood pressure and produce few stress hormones," Dr. Williams said. "That's probably why their immune systems work better."

Even so, a sorority is not needed to reap the health benefits of friendship. In fact, for women, having too many friends could be a source of stress.

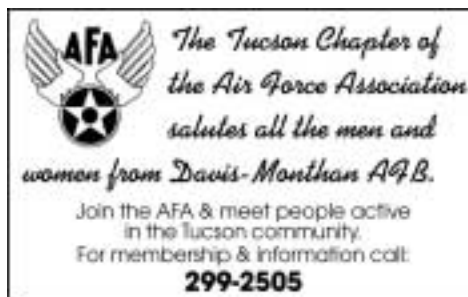
"Women feel more responsibility to help their friends than men do," said Dr. Williams.

(Information courtesy March Pima Council on Aging newsletter; Never Too Late.)



**ADE Industries**  
INCORPORATED  
HAND-CRAFTED VAN CONVERSIONS  
CUSTOM VAN FABRICATION  
VAN & TRUCK ACCESSORIES

(320) 571-7156  
3801 E. PALM VERDE • TUCSON, AZ 85715



**The Tucson Chapter of the Air Force Association**  
salutes all the men and women from Davis-Monthan AFB.

Join the AFA & meet people active in the Tucson community.  
For membership & information call:  
**299-2505**



**DESERT LOW VISION SERVICES**  
SOUTHERN ARIZONA'S  
PROFESSIONAL  
**LOW VISION CENTER:**

Janet Dylla C.O.T.  
1645 N. ALVERNON SUITE #2  
TUCSON, AZ 85712  
**TEL. 520-881-3439**

Best wishes to all our friends  
at Davis-Monthan

**TRANSMISSIONS UNLIMITED**

1537 S. Craycroft • Tucson, Arizona  
**(520) 790-6720**

**DISCOUNT COPIER & COMPUTER SUPPLIES**

- Quality Remanufactured Copier, Laser Printer & Fax Cartridges
- Brand Name Supplies For All Your Office Equipment
- Office Supplies

**FREE DELIVERY**

Phone 520-622-6806 • Fax 520-624-7077  
1859 W. Grant Rd., #111 • Tucson, AZ 85745

M-F 8-5  
SAT 8-3

**TuneTech, Inc.**  
TUNE-UP SPECIALISTS

**WE SUPPORT DAVIS-MONTHAN AFB!**

**\$5 OFF ANY SERVICE**  
with coupon

**745-8487**

7120 E. GOLF LINKS RD. • GOLF LINKS & KOLB (SE CORNER)



**ROYAL CAR WASH**

4600 E. Broadway (West of Swan)  
**881-6565**

1919 E. Ft. Lowell (at Campbell)  
**322-5592**

**\$4<sup>00</sup> OFF**

- Full Service Superwash
- Blue Coral Polish Wax
- Polysealant
- Tire White
- Choice of Fragrance

Vans & Suburbans extra. Valid only with coupon.  
Not valid with any other offers.  
Expires 6/30/04

**NOW ONLY**  
**\$7<sup>99</sup>**  
**\$11.99 VALUE**

## MOUNTAIN VIEW SPORTS

Come In and Check Out  
Tucson's Best Selection of  
Sports Cards  
Both Packs & Singles  
Also Team Logo Gift Items  
Huge NCAA Cape Collection  
**10% MILITARY DISCOUNT**

Eastside  
Monterey Village  
6224 E. Speedway  
745-5660

## Retire to the Good Life!

- Own your home and own your land!
- Don't pay rent.
- Build equity and watch your investment grow.

Your monthly payments can be lower than rental payments.

**PRICES START IN THE MID 190s** - for the house and the land!

Private, gated community with a million dollar Rec Center.

**COPPER CREST**

Tucson's Premier 55+ Community

7700 W. Bopp Road

Take Ajo west to Kinney Road.

Go north to Bopp Road.

Road west on Bopp for 3 miles to Copper Crest.

[www.coppercrest.com](http://www.coppercrest.com)

(520) 883-6670

The Original Toddler Planning's Boys' Home



## Common Sense Parenting®

New Book Brings Help and Confidence to Parents of Toddlers

Confidence. Love. Control. Engagement.

That's what author Bridget Barnes teaches parents who use the techniques and skills explained in the new book, *Common Sense Parenting of Toddlers and Preschoolers*, now gains. These skills have been taught to parents of 2 to 5 year-olds in workshops offered by Girls and Boys Town since 1906, and are now available to any parent through the book just published by Boys Town Press.

When a parent realizes that "I am correct my child, he or she may get upset with me, but the child is still going to love me," the parent gains confidence, according to Barnes. The book shows parents how to stay calm, communicate clearly, set boundaries, have reasonable expectations, give consistent consequences, and teach a young child self-control and other skills.

Parenting toddlers can be a time of high conflict. Many couples are just finding out that they have very different parenting styles — one may see the other as either too lenient or too strict, says Barnes. It may not be an engagement, she adds, to try that agency to use *Common Sense Parenting*® techniques "more marriage." It can lead to a lot less strife.

Parents, according to Barnes, face many of the same problems

with their toddlers — acting up at bedtime and meals, throwing temper tantrums, refusing to take "no" for an answer, etc. In dealing with these issues, however, parents also make common mistakes — making children like "little adults," giving kids choices they're not equipped to make, and setting expectations too high.

Young children, she says, need lots of reminders, assistance, modeling, and practice. The book provides step-by-step information on how to do these things. Also included are answers to dozens of questions frequently asked by parents of toddlers.

Barnes is the mother of two and a stepmother of four children and has been a *Common Sense Parenting* trainer for 15 years.

*Common Sense Parenting of Toddlers and Preschoolers* is available from the Boys Town Press, 11200 Crawford St., Boys Town, NE 68010, 1-800-285-6671, [www.girlsandboys.org/boys](http://www.girlsandboys.org/boys)

Boys Town Press is the publishing division of Girls and Boys Town, the original Father Flanagan's Boys' Home.

For more tips on parenting, visit our Web site at [www.parenting.org](http://www.parenting.org), or call the Girls and Boys Town National Hotline, 1-800-448-3000.

A CFC participant

## Beat the High Cost of Dying

Before you call a funeral home, get consumer advice!  
Call the non-profit 501(c)(3)

### FUNERAL CONSUMERS ALLIANCE OF SOUTHERN ARIZONA

**Guaranteed Low Pricing!** (520) 721-0230  
[www.funerals.org/tucson/](http://www.funerals.org/tucson/)

7030 E. Broadway, Suite 220 • Tucson, Arizona 85710

## THEME PARTY SPECIALISTS

Tucson's largest selection of recycled costumes and new accessories for Adults and Kids all year round!

*Hawaiian*	*Superhero*	*50s, 60s*
*Big Daddy*	*Careerleader*	*70s, 80s*
*Disco*	*Wigs & Props*	*Crazy Hats*
*Flappers*	*Doctor/Nurse*	*Reinforced Tee*
*Gangster*	*Western*	

### TUCSON THRIFT SHOP

623-8736 • 319 N 4th Ave  
Open 7 Days

## Carefree Village & Court

55 plus adult mobile home community

**We Will Pay Up To \$2000 To Move Your Mobile Home\***

Club room activities include:  
• Crafts • Cards • Billiards • Dances  
• Library • Social Activities  
• Exercise Program • Picnic Area  
• Heated Pool & Jacuzzi  
• Beautiful Mature Landscaping and Wonderfully Social Neighborhood

**887-7811** 4100 N. Romero Road  
\*Restrictions apply, call for details

Ask about other specials!

## Casa Thrift Super Store

Where shopping helps Tucson's children and families at Casa de los Niños

DONATE YOUR TAX DEDUCTIBLE CARS - BOATS - TRAILERS - RVs, ETC.  
Running Or Not - We'll Pick It Up!

Our drivers are licensed and bonded • Call about our donation Pick-up Service

**Casa de los Niños** 1302 E. Prince Road (at Mountain)  
Call 325-2573

Everything from designer clothes & accessories to books, computers & software, toys, furniture & other household items

Visit our new store  
3040 W. Valencia  
578-8721

**FURNITURE DONATIONS NEEDED**

Casa de los Niños is a 501(c)(3) corporation; all donations are tax deductible



## Cancer Treatment Research Foundation

### 10 Things you can do TODAY to reduce your cancer risk

- Exercise - move, move, move
- Don't smoke and if you do QUIT NOW
- Limit exposure to toxins, radiation and second hand smoke
- Use sun screens with a minimum of SPF 15
- Consider a plant-based diet or increase your consumption of dark, leafy, cruciferous vegetables
- Increase intake of lycopenes (found in processed tomato products)
- Have regular health check-ups and follow AMA and ACS guidelines for mammography and other cancer screenings
- Decrease the saturated fat from your diet; increase the fiber
- Drink plenty of filtered water
- Take your vitamins

Cancer Treatment Research Foundation  
3150 Salt Creek Lane, Suite 118, Arlington Heights, IL 60005  
(888) 221-CTRF • <http://www.ctrf.org>

a CFC participant